



Seattle
Parks & Recreation

Mounger Pool
2535 32nd Ave W.
Seattle WA 98199
206-684-4708



Summer 2017
May 13—September 10

Registration Begins Tuesday, April 4th at 12:00 noon

On Line: -----www.seattle.gov/parks

In Person: -----At your closest Community Center or Pool

Parent/Tot Lessons (Ages 6 months - 4 years): *Parents introduce their infants and toddlers to the swimming pool as we teach basic water adjustment and swimming movements.*

Songs and games create an atmosphere of fun, enjoyment and relaxation. Each child must be accompanied into the water by a parent or adult. Swim diapers or tight fitting plastic pants are required.

Three-Year-Olds Lessons (Age 3): *Start your child learning basic swimming skills and water safety in a small group with other 3 year olds.*

We introduce children to basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls and water safety skills. Children must have initial water comfort and be able to work in the water with an instructor. To ensure safety and quality, we maintain a 3:1 student/teacher registration ratio.

Kinder Lessons (Ages 4 & 5): *Kids will start with basic water adjustment, safety and swimming skills in a group with other 4 & 5 year olds.* Kids will start with basic water adjustment and eventually learn these skills: front and back floats, flutter kick, rolling from front to back, side breathing, Crawlstroke with bilateral breathing, backstroke, whip kick, treading water and water safety skills. We will group children by ability levels on the first day of class. We maintain a 6:1 student/teacher registration ratio.

Beginning Swimmer Levels 1-3 (Ages 6 – 16):

Our program puts the emphasis on safety, fitness and fun! Our teaching techniques utilize well organized progressions for learning, plenty of practice and instructor feedback. We will group children by ability on the first day of class to provide the best opportunity for your child's success.

Floating, Gliding, Kicking: Children get comfortable putting their face in the water and practice front, side and back floating, gliding and kicking.. These skills provide the foundation for all other swimming strokes

Arm Strokes: Mastering the Crawl Stroke requires Learning to roll from front to back while performing arm strokes. Once

mastered we begin teaching side breathing. Kids also work on back stroke, strengthening kicking, proper body alignment, treading water and deep water swimming.

Side Breathing and Whip Kick: Front Crawl Stroke with bilateral breathing and an introduction to whip kick are skills taught in this level. 8:1 student/teacher registration ratio.

Advanced Swimmer Lessons Levels 4-6 (Ages 6 – 16)

Swimmers who have received a card indicating they have mastered "Beginning Swimmer" may sign up for "Advanced Swimmer" classes. Instructors will introduce and guide swimmers through other strokes while continuing to teach safety, fitness, and skill proficiency. **Prerequisite:** Swimmers must pass Beginner, be comfortable in deep water and able to swim 15 yards without stopping; demonstrate good Front Crawl Stroke with bilateral breathing, and proper whip kick on their back. Children not ready will be moved to Beginner Swimmer if there is room.

Learning New Strokes: Elementary Backstroke, Breaststroke and Butterfly plus continued practice in Front Crawl Stroke and Back stroke.

Increasing Endurance and Proficiency: Increased distances and refinement of previous strokes along with sidestroke taught.

Proficiency, Fitness and Water Safety: Teaches increased mastery of technique and endurance in all the strokes plus safety and basic rescue techniques. 10:1 student/teacher registration ratio

Adult Swim Lessons(Ages 16 and older)

All ability levels welcome! Instruction can focus on the basics all the way to learning a variety of strokes and water safety. Enjoy exploring the possibilities and develop lifelong skills.

Note: If you are unsure of your child's ability, please have him or her pre-tested to ensure correct placement. If your child does not meet the age requirements or skill prerequisites, we will try to transfer them to the appropriate level if there is space available. A minimum of four students is required for all classes. We may combine or cancel programs if not enough students sign up.

Class	Session	Days	Time	Dates	Classes	Cost	Barcode
Tots Ages 6 mos - 4 yrs. (One parent must be in the water with each tot.)	1	M/W	10 a.m.	May 15 - May 31*	5	\$37.50	163572
		M/W	4:30 p.m.	May 15 - May 31*	5	\$37.50	163566
		T/Th	4:30 p.m.	May 16 - June 1	6	\$45.00	163573
		Sat	8:30 a.m.	May 20 - June 17	5	\$37.50	163576
		Sat	2:30 p.m.	May 20 - June 17	5	\$37.50	163578
		Sun	10:30 a.m.	May 21 - June 18	5	\$37.50	163580
	2	M/W	10 a.m.	June 5-June 21	6	\$45.00	163582
		M/W	4:30 p.m.	June 5-June 21	6	\$45.00	163581
		T/Th	4:30 p.m.	June 6-June 22	6	\$45.00	163584
	3	Sat	8:30 a.m.	June 24-July 29	6	\$45.00	163586
		Sat	2:30 p.m.	June 24-July 29	6	\$45.00	163588
		Sun	10:30am	June 25-July 30	6	\$45.00	163591
		M-F	10:00 a.m.	June 26-July 7*	9	\$67.50	163593
		M/W	4:30 p.m.	June 26-July 19	8	\$60.00	163595
		T/Th	4:30 p.m.	June 27-July 20*	7	\$52.50	163597
	4	M-F	10:00 a.m.	July 10-July 21	10	\$75.00	163598
	5	M-F	10:00 a.m.	July 24-Aug 4	10	\$75.00	163599
		M/W	4:30 p.m.	July 24-Aug 16	8	\$60.00	163601
		T/Th	4:30 p.m.	July 25-Aug 17	8	\$60.00	163602
	6	Sat	8:30 a.m.	Aug 5-Sept 2	5	\$37.50	163603
		Sat	2:30 p.m.	Aug 5-Sept 2	5	\$37.50	163604
		Sun	10:30 p.m.	Aug 6-Sept 3	5	\$37.50	163605
		M-F	10:00 a.m.	Aug 7-Aug 18	10	\$75.00	163606
	7	M-F	10:00 a.m.	Aug 21-Sept 1	10	\$75.00	163607
		M/W	4:30 p.m.	Aug 21-Sept 6*	5	\$37.50	163608
		T/Th	4:30 p.m.	Aug 22-Sept 7	6	\$45.00	163609
	8	T-F	10:00 a.m.	Sept 5-Sept 8	4	\$30.00	163610

Class	Session	Days	Time	Dates	Classes	Cost	Barcode
Three- Year-Olds	1	T/Th	10:30 a.m.	May 16 - June 1	6	\$78.00	163028
		T/Th	6 p.m.	May 16 - June 1	6	\$78.00	163027
		Sat	10 a.m.	May 20 - June 17	5	\$65.00	163029
	2	T/Th	10:30 a.m.	June 6-June 22	6	\$78.00	163035
		T/Th	6 p.m.	June 6-June 22	6	\$78.00	163037
		M-Th	10:30 a.m.	June 19-June 22	4	\$52.00	163050
	3	Sat	10 a.m.	June 24-July 29	6	\$78.00	163053
		M-F	9 a.m.	June 26-July 7*	9	\$117.00	163054
		M-F	10:30 a.m.	June 26-July 7*	9	\$117.00	163055
		T/Th	6 p.m.	June 27-July 20*	7	\$91.00	163056
	4	M-F	9 a.m.	July 10-July 21	10	\$130.00	163058
		M-F	10:30 a.m.	July 10-July 21	10	\$130.00	163059
	5	M-F	9 a.m.	July 24-Aug 4	10	\$130.00	163060
		M-F	10:30 a.m.	July 24-Aug 4	10	\$130.00	163062
		T/Th	6 p.m.	July 25-Aug 17	8	\$104.00	163082
	6	Sat	10 a.m.	Aug 5-Sept 2	5	\$65.00	163083
		M-F	9 a.m.	Aug 7-Aug 18	10	\$130.00	163085
		M-F	10:30 a.m.	Aug 7-Aug 18	10	\$130.00	163086
	7	M-F	9 a.m.	Aug 21-Sept 1	10	\$130.00	163088
		M-F	10:30 a.m.	Aug 21-Sept 1	10	\$130.00	163090
		T/Th	6 p.m.	Aug 22-Sept 7	6	\$78.00	163092
	8	T-F	9 a.m..	Sept 5-Sept 8	4	\$52.00	163096
		T-F	10:30 a.m.	Sept 5-Sept 8	4	\$52.00	163094

Class	Session	Days	Time	Dates	Classes	Cost	Barcode
Kinders Ages 4-5	1	M/W	5:30 p.m.	May 15 - May 31*	5	\$45.00	163387
		M/W	6 p.m.	May 15 - May 31*	5	\$45.00	163388
		T/Th	10 a.m.	May 16 - June 1	6	\$54.00	163390
		T/Th	5:30 p.m.	May 16 - June 1	6	\$54.00	163389
		Sat	9 a.m.	May 20 - June 17	5	\$45.00	163391
		Sat	10:30 a.m.	May 20 - June 17	5	\$45.00	163392
	2	M/W	5:30 p.m.	June 5-June 21	6	\$54.00	163394
		M/W	6 p.m.	June 5-June 21	6	\$54.00	163399
		T/Th	10 a.m.	June 6-June 22	6	\$54.00	163402
		T/Th	5:30 p.m.	June 6-June 22	6	\$54.00	163401
	3	Sat	9 a.m.	June 24-July 29	6	\$54.00	163404
		Sat	10:30 a.m.	June 24-July 29	6	\$54.00	163405
		M-F	9:30 a.m.	June 26-July 7*	9	\$81.00	163408
		M/W	5:30 p.m.	June 26-July 19	8	\$72.00	163411
		M/W	6 p.m.	June 26-July 19	8	\$72.00	163412
		T/Th	5:30 p.m.	June 27-July 20*	7	\$63.00	163414
	4	M-F	9:30 a.m.	July 10-July 21	10	\$90.00	163416
	5	M-F	9:30 a.m.	July 24-Aug 4	10	\$90.00	163417
		M/W	5:30 p.m.	July 24-Aug 16	8	\$72.00	163422
		M/W	6 p.m.	July 24-Aug 16	8	\$72.00	163424
		T/Th	5:30 p.m.	July 25-Aug 17	8	\$72.00	163426
	6	Sat	9 a.m.	Aug 5-Sept 2	5	\$45.00	163435
		Sat	10:30 a.m.	Aug 5-Sept 2	5	\$45.00	163436
		M-F	9:30 a.m.	Aug 7-Aug 18	10	\$90.00	163439
	7	M-F	9:30 a.m.	Aug 21-Sept 1	10	\$90.00	163440
		M/W	5:30 p.m.	Aug 21-Sept 6*	5	\$45.00	163443
		M/W	6 p.m.	Aug 21-Sept 6*	5	\$45.00	163450
		T/Th	5:30 p.m.	Aug 22-Sept 7	6	\$54.00	163453
	8	T-F	9:30 a.m.	Sept 5-Sept 8	4	\$36.00	163454

Class	Session	Days	Time	Dates	Classes	Cost	Barcode
Beginning Swimmer Levels 1-3 Ages 6-16	1	M/W	4:30 p.m.	May 15 - May 31*	5	\$37.50	163227
		M/W	5 p.m.	May 15 - May 31*	5	\$37.50	163224
		T/Th	5 p.m.	May 16 - June 1	6	\$45.00	163228
		Sat	9:30 a.m.	May 20 - June 17	5	\$37.50	163229
	2	M/W	4:30 p.m.	June 5-June 21	6	\$45.00	163231
		M/W	5 p.m.	June 5-June 21	6	\$45.00	163230
		T/Th	5 p.m.	June 6-June 22	6	\$45.00	163232
	3	Sat	9:30 a.m.	June 24-July 29	6	\$45.00	163235
		M-F	10 a.m.	June 26-July 7*	9	\$67.50	163236
		M-F	10:30 a.m.	June 26-July 7*	9	\$67.50	163238
		M/W	5 p.m.	June 26-July 19	8	\$60.00	163240
		T/Th	5 p.m.	June 27-July 20*	7	\$52.50	163233
	4	M-F	10 a.m.	July 10-July 21	10	\$75.00	163241
		M-F	10:30 a.m.	July 10-July 21	10	\$75.00	163243
	5	M-F	10 a.m.	July 24-Aug 4	10	\$75.00	163245
		M-F	10:30 a.m.	July 24-Aug 4	10	\$75.00	163246
		M/W	5 p.m.	July 24-Aug 16	8	\$60.00	163252
		T/Th	5 p.m.	July 25-Aug 17	8	\$60.00	163248
	6	Sat	9:30 a.m.	Aug 5-Sept 2	5	\$37.50	163267
		M-F	10 a.m.	Aug 7-Aug 18	10	\$75.00	163286
		M-F	10:30 a.m.	Aug 7-Aug 18	10	\$75.00	163341
	7	M-F	10 a.m.	Aug 21-Sept 1	10	\$75.00	163353
		M-F	10:30 a.m.	Aug 21-Sept 1	10	\$75.00	163343
		M/W	5 p.m.	Aug 21-Sept 6*	5	\$37.50	163354
		T/Th	5 p.m.	Aug 22-Sept 7	6	\$45.00	163355

Class	Session	Days	Time	Dates	Classes	Cost	Barcode
Advanced Swimmer Levels 4-6 Ages 6-16 (Must have passed Beginning Swimmer)	1	M/W	5 p.m.	May 15 - May 31*	5	\$37.50	163169
		T/Th	5 p.m.	May 16 - June 1	6	\$45.00	163170
		Sat	8:30 a.m.	May 20 - June 17	5	\$37.50	163172
		Sat	9:30 a.m.	May 20 - June 17	5	\$37.50	163174
	2	M/W	5 p.m.	June 5-June 21	6	\$45.00	163180
		T/Th	5 p.m.	June 6-June 22	6	\$45.00	163181
	3	Sat	8:30 a.m.	June 24-July 29	6	\$45.00	163202
		Sat	9:30 a.m.	June 24-July 29	6	\$45.00	163184
		M-F	10 a.m.	June 26-July 7*	9	\$67.50	163203
		M/W	5 p.m.	June 26-July 19	8	\$60.00	163204
		T/Th	5 p.m.	June 27-July 20*	7	\$52.50	163205
	4	M-F	10 a.m.	July 10-July 21	10	\$75.00	163206
	5	M-F	10 a.m.	July 24-Aug 4	10	\$75.00	163208
		M/W	5 p.m.	July 24-Aug 16	8	\$60.00	163209
		T/Th	5 p.m.	July 25-Aug 17	8	\$60.00	193216
	6	Sat	8:30 a.m.	Aug 5-Sept 2	5	\$37.50	163219
		Sat	9:30 a.m.	Aug 5-Sept 2	5	\$37.50	163217
		M-F	10 a.m.	Aug 7-Aug 18	10	\$75.00	163220
	7	M-F	10 a.m.	Aug 21-Sept 1	10	\$75.00	163221
		M/W	5 p.m.	Aug 21-Sept 6*	5	\$37.50	163222
		T/Th	5 p.m.	Aug 22-Sept 7	6	\$45.00	163223

Class	Session	Days	Time	Dates	Classes	Cost	Barcode
Adult Ages 16+	1	M/W	8 p.m.	May 15 - May 31*	5	\$56.25	163125
		Sat	8:30 a.m.	May 20 - June 17	5	\$37.50	163133
	2	M/W	8 p.m.	June 5-June 21	6	\$67.50	163135
	3	Sat	8:30 a.m.	June 24-July 29	6	\$45.00	163137
		M/W	8 p.m.	June 26-July 19	8	\$90.00	163143
	5	M/W	8 p.m.	July 25-Aug 3	4	\$45.00	163144
	6	Sat	8:30 a.m.	Aug 5-Sept 2	5	\$37.50	163147

Specialty	Jr LG	M-F	8:30-9:30 a.m.	Aug 7-Aug 11	5	\$75.00	163384
		M-F	8:30-9:30 a.m.	Aug 14- Aug 18	5	\$75.00	163386

Competi- tive Stroke	1	T/Th	8-8:45pm	May 16-June 1	6	\$67.50	163356
	2	T/Th	8-8:45pm	June 6 -June 22	6	\$67.50	163357
	3	T/Th	8-8:45pm	June 27-July20*	7	\$78.75	163358
	4	T/Th	8-8:45pm	July 25-Aug 3	4	\$45.00	163359

Summer Swim League	1	M-F	7:30-8:30am	June 26-Aug 4	29	\$150.00	163613
	2	M-F	8:30-9:30am	June 26-Aug 4	29	\$150.00	163614
	Starts & Turns	M (7-10 yrs)	2:30pm	Jun 26-July 31	6	\$45.00	163612
		W (11-17 yrs)	2:30pm	Jun 28-Aug 2	6	\$45.00	163611

Mounger Pool—Summer 2017

REGISTRATION AND SCHEDULING DATES

GROUP LESSONS

Online beginning: Begins Tuesday, April 4 at Noon

Daily Beginning:Saturday, May 13

PERSONAL LESSONS

Walk-in:May 6, 8 a.m.-Noon

Daily Beginning:Saturday, May 13

POOL RENTALS AND BIRTHDAY PARTIES

Phone-in:Begins Tuesday, April 11, 8 a.m.

Daily Beginning: Saturday, May 13

Refunds, Withdraws and Transfers

Partial prorated refunds are available if you drop a class **prior to the second lesson of the session**. \$5 or 10 % withdraw fees apply. These fees apply to any withdraw, even if you wish to register for an alternate class. A full refund is issued if Parks cancels a program. Refund policy available on request..

We reserve the right to cancel any program that does not have the minimum number of participants enrolled.

Private Lessons

Mounger Pool offers private swim lessons to people who are interested in one-to-one attention. Private lessons allow for concentrated instruction to meet individual needs. The cost is \$38per per half-hour lesson and \$13 for each additional child added to the same lesson. Register in person or over the phone during operating hours starting May 13th.

Volunteer Swim Instructor Aide

Are you looking for a way to give back to the community or engage in community service hours for high school credit? We are looking for people who can commit to a one-hour block of time twice a week during our lesson program. All volunteers must be at least 15 years old and have passed swim lesson levels 1 – 6. A complete background check and volunteer orientation will also be required.

Summer Swim League

A novice swim team operated by Seattle Parks and Recreation. Join the Mounger Swim Team and have fun, make friends, and learn competitive strokes, starts, and turns. The minimum swimming requirement is one length (25 yards) of any competitive stroke. For ages 7-18.

Competitive Stroke Class

Experience the fun of competitive swimming! Coaches will emphasize improving skills in all major competitive strokes, building teamwork, and having a good time. Eligibility for skill level 5 required.

A pre-test is highly recommended for placement in both Summer Swim League and Competitive Stroke classes. If your child is not swimming at the appropriate level, then they will have to be transferred to a lower level class providing there is space available.

Swimming Scholarship Fund!

As part of the ongoing commitment to water safety awareness and injury prevention, Seattle Parks District funding and local donors provide scholarship opportunities for most youth swimming programs. These contributions allow for supplemental scholarship funding in addition to our existing low income fee reductions. Please contact the pool for more information and to receive a Low-Income Scholarship application. Funding is limited. Approval based on income documentation and family size. Approved scholarships may be used for any of the following group swimming lesson programs:

- »» Parent Tot swimming lessons (ages 6 months to 4 yrs)
- »» Three Year Old swimming lessons (age 3)
- »» Kinder swimming lessons (ages 4 to 5)
- »» Beginning Youth lessons (ages 6 to 16)
- »» Advanced Youth lessons (ages 6 to 16)